

# TOO MUCH MEDICINE

The System continually wronged by over-eating and over-drinking, and the debilitated condition aggravated by dosing with harsh, nauseous drugs and medicines

The average and indiscriminate use of medicine in this country, cannot be too strongly deplored. It is food you eat, if properly digested, is all the tonic you need. Only when the system is so badly wronged that the food cannot be properly digested, and the bowels must be kept moving, is it necessary to resort to medicine. California Prune Wafers lead to indigestion, biliousness, etc., and these conditions when taken in the morning, tend to the condition of the blood, rendering it susceptible to more serious ailments, and less able to resist such attacks. If your stomach has been abused by over-eating, weakened by drugs or sickness, you won't be able to stop eating nor diet yourself. All you need is something that will aid the system in its functions and relieve it from being continually irritated by undigested food. This is the purpose and simplest remedy for this purpose is the CALIFORNIA PRUNE WAFERS. A natural laxative made from the pure, fresh fruit, a general laxative and sweetener of the stomach - no other medicine is necessary. When you are bilious, it is a sign that your liver is out of order, and the poisonous bile, instead of being excreted from the body through the intestines, is taken up in the blood. As a result of biliousness, the entire system suffers. There are gripping pains in the abdomen, headaches, dizziness, constipation, pain in the right side, and the skin becomes sallow and yellowish, rough and itchy. Take 3 or 4 CALIFORNIA PRUNE WAFERS after meals, and in a short time your liver will be performing its proper function, driving the bile from the system. Use nothing but CALIFORNIA PRUNE WAFERS - no other medicine is necessary. CALIFORNIA PRUNE WAFERS, if taken as directed, will positively cure the most obstinate cases of indigestion, torpid liver, constipation, biliousness, etc., so as to stay cured. CALIFORNIA PRUNE WAFERS do the work without the slightest pain, griping or nausea. They produce natural and easy movement of the bowels, are easy to take, pure and healthful. They are Nature's own remedy, better than pill or purge, better than cathartic teas that grip and nauseate, better than anything for moving the bowels, because CALIFORNIA PRUNE WAFERS are a natural disintegrator and not a purge, acting gently and naturally on the contents of the bowels, producing easy movement. They regulate the liver and stomach, cleanse the system and purify the blood, cure all Bowel Troubles, Bad Breath, Bad Blood, Wind on the Stomach, Foul Mouth, Headache, Pimples and Dizziness. A fine tonic from Nature's laboratory. 100 Wafers, the

## California Prune Wafers

Extracted from the Fruit, Sweet and Pure, Easy to Take and Warranted to Cure BILIOUSNESS, CONSTIPATION, INDIGESTION AND ALL LIVER TROUBLES

100 WAFERS, 25 CENTS

You can tell what you desire if you follow each meal with a CALIFORNIA PRUNE WAFER, which quickly dissolves the most indigestible food and helps it through out the system in a gentle and healthful manner, without the slightest pain, griping or nausea

## The ATWOOD PHARMACY

DAYTONA, FLORIDA

## Southern Railway

EFFECTIVE MAY 20, 1904.

Daily to the East.	No. 30	North and West.	No. 13
Ly Jacksonville	So Ry 7:45p	Ly Jacksonville, Fla	So Ry 7:45p
Ly Jessup	So Ry 10:50p	Ly Jessup, Ga	So Ry 10:50p
Ly Savannah	So Ry 12:00a	Ar Macon, Ga	So Ry 1:00a
Ar Columbia	So Ry 1:00a	Ar Atlanta, Ga	So Ry 2:00a
Ar Charlotte	So Ry 3:00a	Ar Rome, Ga	So Ry 2:30a
Ar Greensboro	So Ry 12:50p	Ar Dalton, Ga	So Ry 3:00a
Ar Danville	So Ry 2:00p	Ar Chattanooga, Tenn	So Ry 3:30a
		Ar Cincinnati, O	Q & C 5:20p
Ar Richmond	So Ry 6:42p	Ar Cincinnati, O	Q & C 7:40p
		Ar Chicago, Ill	Big Four 8:00p
Ar Lynchburg	So Ry 4:15p	Ly Cincinnati, O	Pa Lines 8:50p
Ar Charlottesville	So Ry 6:00p	Ar Chicago, Ill	Pa Lines 7:30a
Ar Washington	So Ry 5:50p	Ly Cincinnati, O	Ch & D 8:15a
Ar Baltimore	P R R 11:30p	Ar Chicago, Ill	Ch & D 7:25a
Ar Philadelphia	P R R 12:40a	Ly Cincinnati, O	Ch & D 9:00p
Ar New York	P R R 6:30a	Ar Toledo, O	Ch & D 12:50p
		Ar Detroit, Mich	Ch & D 12:50p
No. 30—Washington and Florida Limited.		Ly Cincinnati, O	Pa Lines 8:30p
Daily Pullman Drawing-Room Sleeping Car, Jacksonville to New York.		Ar Pittsburgh, Pa	Pa Lines 6:00a
		Ly Cincinnati, O	Big Four 9:30p
Through "The Land of the Sky."	No. 30	Ar Cleveland, O	Big Four 6:45a
Ly Jacksonville	So Ry 7:45p	Ly Lexington, Ky	So Ry 5:30p
Ly Savannah	So Ry 12:00a	Ar Louisville, Ky	So Ry 8:30p
Ar Columbia, S. C.	So Ry 1:00a	Ar St. Louis, Mo	So Ry 1:30a
Ar Asheville, N. C.	So Ry 1:50p		
Ar Hot Springs, N. C.	So Ry 2:30p	No. 13—"The Florida Limited."	
Ar Knoxville, Tenn.	So Ry 6:00p	Daily solid vestibuled train, through coaches and Pullman Sleeping Cars Jacksonville to New York.	
Ar Louisville	So Ry 8:00p		
Ar St. Louis	So Ry 1:50p		
Ar Cincinnati, O.	Q & C 8:15a		

No. 30—Daily Pullman Drawing-Room and Buffet Sleeping Car between Jacksonville and St. Louis.

## WORLD'S FAIR TICKETS TO ST. LOUIS NOW ON SALE

Arrivals at Jacksonville:

From New York, Washington, etc.—No. 29—"Washington and Florida Limited," 9:25 a.m. From Chicago, Cincinnati, Chattanooga, etc.—No. 14—"Florida Limited," 7:45 a.m. From Kansas City, Memphis, Birmingham, etc.—No. 14—"Florida Limited," 7:45 a.m. From Cincinnati, Asheville, etc.—No. 29—"Washington and Florida Limited," 9:25 a.m.

## ROUND-TRIP SUMMER TOURIST TICKETS NOW ON SALE

J. C. LUSK, District Passenger Agent, 108 West Bay St., Jacksonville, Fla.  
C. H. ACKERT, G. M., W. H. LAYLOE, G. P. A., S. H. HARDWICK, P. T. M., BROOKS MORGAN, A. G. P. A.

## FOUNTAIN CITY PHARMACY,

NORTH BEACH STREET

Has a Select Stock of.....

DRUGS FOR PRESCRIPTIONS, PATENT MEDICINES, BRUSHES, COMBS AND TOILET SOAPS.

Perfumery and Fancy Toilet Articles.

DR. J. M. JONES, proprietor, can be consulted professionally during business hours, office hours: Sundays, 9:00 to 10:30 a. m.; 2:30 to 4:30 p. m.

## Bond Lumber Company

MANUFACTURERS OF

ROUGH AND DRESSED LUMBER  
PINE AND CYPRESS

Lath, Shingles, Flooring, Ceiling, Brick, Lime and Cement in Stock.

MILLS—Bond Mill, Atlantic Coast Line Ry., 100 miles south of Jacksonville. Kalamazoo, on Sanford Branch of the F. C. Ry.

Phone 83

R. J. MALBY, Manager.

## Ocean House,

F. W. SAMS, Proprietor.

Rates \$2.00 per Day and Upwards. Special to Regular Boarders. NEW SMYRNA, FLORIDA

## FOLEY'S HONEY AND TAR

Cures Cough Prevents Pneumonia

## FOLEY'S HONEY AND TAR

stops the cough and heals the lungs

Isaac A. Stewart, Exford Bly

STEWART & BLY,

LAWYERS,

Office in Bank Building, DeLand, Fla.

Branch office over Postoffice, DAYTONA

Special to Regular Boarders. NEW SMYRNA, FLORIDA

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Branch office over Postoffice, DAYTONA

## Daytona and Its Attractions

### The Queen City of Florida

From the Florida East Coast Railway Booklet.

110 Miles from Jacksonville.	
Fare one way.....	\$3.30
Round trip.....	6.60
74 Miles from St. Augustine.	
Fare one way.....	\$2.20
Round trip.....	4.40

DAYTONA is situated upon the west bank of the Halifax River at its fairest expanse and midway between its source at Bulow Bay and its outlet at Mosquito Inlet. It is in latitude 29, seventy-four miles from St. Augustine and one mile from the Atlantic Ocean, and is acknowledged to be without a rival for beauty among the villages of the South. Its sight is upon what is known as high hammock land that was crowned by nature with a most royal growth of majestic forest trees, and among these trees is the town of today, with its beautiful cottages and well-graded walks and streets. The result is that all along the wide avenues that intersect the town are lordly live and water oaks and hickories, many of them draped with graceful festoons of the gray Spanish moss, that overarch the street and walks, and among these are interspersed tall tropical palmettos, glossy-leaved magnolias, fragrant bays and coral-berried holly, and many other varieties, while in many places the wild grape, the trumpet vine and the ampeopsis climb and cling among the branches forming shady bowers and adding grace and beauty.

The town lies parallel with the Halifax River, and extends for nearly two miles along the shore. This river is the delight of the angler and the yachtsman and forms one of the town's greatest attractions.

The main avenues that run parallel with or intersect the river are all 100 feet wide, except Beach street, which is about sixty-five feet, but has a half-mile of open, beautiful water abutting upon its eastern side, where the salt waves ebb and flow and along and across which comes the cooling, invigorating and health-giving breezes from off the wide Atlantic, which temper and render the Halifax climate one of the most perfect in the world. Daytona has many miles of well-graded, marled and shelled roads and streets, rendering it the

### Wheelman's Paradise

and added to these, but a mile away, are thirty miles of smooth, hard beach, that affords an unrivalled course for long-distance cycling and driving or automobile racing. No town of equal size, North or South, numbers so many wheelmen, and cycling is a favorite pastime with the tourists summer and winter.

### The Beautiful Cottages

that have been erected during the past years and are being built are rendering Daytona as famous for its fine homes as for its beautiful river, trees and avenues, and they are adding yearly to its attractions.

Not the least of these attractions to those securing homes in the South, and ranking second only to healthfulness and perfection of climate, is the fact that its population is chiefly composed of cultivated and intelligent people, accustomed to the refinements of home and social life. Added to these features are good churches, good public and private schools, stores, hotels, laundry, meat markets, novelty works, an opera house, electric lights for street and house illumination, a good telephone system, ice factory, Lily Water Works, and hot and cold baths, etc., and everything else can be procured that is necessary to make life comfortable. An important feature in the healthfulness of the town is the

### Water Supply

which is derived from numerous flowing wells, of which there are probably 300 in the corporate limits. This flow is secured by boring wells to the depth of from 80 to 120 feet, passing through several strata of rock, and this depth assures purity from all surface contamination. The water is slightly impregnated with magnesia and iron, and holds sulphur in the shape of gas, which soon passes away.

The Population of Daytona proper is about 1,800. Added to this is a suburban population on main shore and peninsula of about 1,000 at Kingston, Blake, Old Seabreeze or Goodall, Seabreeze and Silver Beach, which are properly a part of the town and population.

### Daytona Beach

lies one mile east of the town. It is approached by three good bridges over the river and well-graded avenues, and is the principal summer resort south of St. Augustine. It has more tourists during the summer than all the other places south of that city combined, and is also becoming a favorite winter resort. The beach is wide, firm and smooth, by many considered the finest in the world, and the surf bathing is safe and excellent summer and winter. People who have tried Northern and Western summer resorts declare that there are none so perfect in comfort as Daytona beach.

### Automobile Race Meet.

The Florida East Coast Automobile Association conducts an annual race meet on the beach, which has now a universal reputation as the greatest automobile race course in the world. The Daytona-Ormond Beach is hard as macadam, and an ideal stretch of thirty or more miles without a break makes it the natural racing ground for America.

At low tide the beach is bare for 300 feet and neither carriage wheel, bicycle or pedestrian can make a hardly visible imprint on the smooth and well-packed sand. It is no uncommon sight to see sail-rigged bicycles speeding with the velocity of the wind before a stiff breeze along the smooth beach, thus affording the most exhilarating sport known to man. Besides these, miles of hard-shelled, palm-fringed boulevards bring the lovers of the wheel and vehicles into direct touch with the mainland over the broad bridges which span the splendid Halifax River.

The beach from the sandy bluffs to the lowest point at ebb tide, measures about 500 feet, and the average depth of the surf measures about two feet. A continuous gentle swell rolls in from the ocean from one to two feet in depth under normal conditions, making the beach an attractive and absolutely safe place for surf-bathing. Here the infant as well as the grey-haired veteran of many summers, can safely enjoy the luxury of a sea bath throughout the larger part of the year, while the strong and expert swimmer, can venture out further to test his strength and skill in battling with the inexhaustible powers of the mighty ocean.

### The Peninsula

lying between river and ocean is one-half mile wide, and is being rapidly improved, and there are many fine cottages and several good hotels, an opera house, two ocean piers, beach pavilion and a large casino.

### A Remarkable Feature

at Daytona has been the yearly improvement in the style and value of the buildings that are being erected for homes. Men of capital of the North and West have become awakened to its advantages for winter residences, and valuable lots are being purchased and costly houses, beautiful in design and finish, are being erected, and beautiful homes, the abodes of wealth and culture are multiplying.

Seabreeze (City Beautiful) and Goodall are settlements on the Ocean side of the peninsula across the Halifax River from Daytona.

At the foot of Ocean Boulevard, Seabreeze, a pier reaches 600 feet across the beach into the swelling surf of the ocean. This pier is a favorite resort of those who delight in the sport of fishing. The surf here abounds in trout, pompano, yellowtail, cavalle, whiting, drum, sheepshead and many other varieties of edible fish. During the fall season the famous sea bass affords royal sport, and it has been no uncommon occurrence to land a thousand pounds of this gummy fish in an afternoon. Individuals of them ranging from fifteen to thirty-five pounds in weight. Not only does the ocean offer this splendid sport but the Halifax River, only half a mile back of the ocean, is equally famous for its fine fishing, and the varieties that abound in the ocean are present in the river.

Hunting and fishing good. Experienced guides and dogs may be had at reasonable prices.

## Drop

Your orders in this office for Quick work.

We do the rest.

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Your orders in this office for Quick work.

We do the rest.

# San Mateo Cuttings

NOT A STOGIE.

NOT A CHEROOT.

But a Full Size, Perfecto Shape, Cigar.

Made from Cuttings from the Work Tables of the San Mateo Cigar Factory, and therefore contains the same sweet, fine burning stock that has made the High Grade Cigars of this Factory famous.

Five Cents pays for Two of Them.

Box of 50 for \$1.25.

FOR SALE BY ALL DEALERS.

Manufactured by

S. W. ROWLEY, SAN MATEO FLORIDA.

## MISSING WORD CONTEST.

101 PRIZES offered for the correct solution.

Tropical Manufacturing Co., manufacturers of the great Health Drink METTO, will pay all prizes. The contest open to all. It's FREE to you.

### FIRST PRIZE.

To the first one sending in the correct answer we will give a beautiful life-size picture in gilt frame entitled "Purity."

This picture is symbolical of Metto, the great health drink, which benefits all and contains no dope or harmful drugs.

To the next 5.....\$1.00 each  
To the next 5.....1 quart Metto each  
To the next 20.....1 pint Metto each  
To the next 70.....1 Metto Ticket each

It's ..... You! .....  
People ..... Know a good ..... when they ..... it are .....  
users of ..... in ..... good ..... summer .....  
Cut out this Coupon, fill in the blank spaces, one word to each blank space, the whole to make an appropriate sentence advertising Metto and mail to the TROPICAL MFG. CO., 14 West Adams Street, Jacksonville, Florida. Name..... P. O..... County..... State.....

Remember, the first 101 correct answers received get the prizes. Send in your answers at once to the

Tropical Manufacturing Company, 14 West Adams St. Jacksonville, Fla.

## "THE DIXIE FLYER" World's Fair Route

NASHVILLE, CHATTANOOGA AND ST. LOUIS RAILWAY. WESTERN AND ATLANTIC R. R. Daylight Ride Through the Beautiful Mountains of TENNESSEE AND KENTUCKY. Stop-overs allowed at all stations on line of Nashville, Chattanooga and St. Louis Railway, where there are ticket agents. \$20.95 coach excursion; \$27.50, 15 days; \$33.90, 60 days; \$40.65 regular season ticket.

## 2 Trains Daily 2

Leave Jacksonville via G. S. & F. 7:45 a. m. Leave Jacksonville via G. S. & F. 8:05 p. m. Shortest and quickest route. Superb equipment. Through sleepers.

E. J. WALKER, Florida Passenger Agent, Jacksonville, Florida.

## The Nassau

315 N. Beach St.

Mrs. R. T. Sands,

PROPRIETOR.

Meals at all hours from 7 a. m. to 6 p. m.

SEE J. D. Carmichael

Before you have your plumbing done, He can save you 15 per cent. All work guaranteed. Beach St. Phone 64. 8-30

10 DOZEN PINTS LEMP BEER FOR \$7.50 JUG TRADE A SPECIALTY HANNE BROS. JACKSONVILLE, FLORIDA

For First Class Work

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Daytona Steam LAUNDRY

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Before you have your plumbing done, He can save you 15 per cent. All work guaranteed. Beach St. Phone 64. 8-30

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